

How Our Community Can Flourish

The good news:

Improvements in multiple Dimensions of Health can exert a powerful influence on community's well-being.

Better news: These are inter-related. Improvement in any Dimension contributes to overall wellbeing and is likely to positively influence other areas as well.



xx%

The battery depicts the potential power of investing in each area, based on how each impacts your community's Core4 ratings.



Mental & Emotional Health



73%

- **most influential determinant** of overall well-being.
- help develop a **sense of purpose and meaning**,
- encourage **growing relationships with other people**
- provide **opportunities for learning and growth**



Physical Health



59%

- **2nd most influential**
- Most influenced by **daily exercise**.
- Also, strongly related **emotional well-being** and a **sense of purpose and meaning** and a **good job**



Relationships & Social Connections



55%

- strong predictor of **overall emotional well-being**.
- help residents **feel like part of a community/belonging**
- ensure that resident's **basic needs are met**

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52%

Work, Learning & Growth

- **Opportunities for learning and growth** is influential to many areas of well-being, including
- **emotional, physical health, and basic needs.**
- assure residents have access to **options to further their self-development** and **find good jobs.**



45%

Security & Basic Needs

- **Financial security** has a strong influence on overall well-being and a person's ability to meet basic needs, in additions to;
- **Access to medical care and health information**
- Support **access to good jobs**



31%

Neighborhood and Environment

- key role in **overall well-being**, and
- **ability to build and foster relationships with others.**
- Promote neighborhood culture where **children and seniors alike feel welcome and safe**